

# Winter Skin Care Tips and Products



As fall turns into winter, we need to adjust our skin care regime to protect against colder and drier air. A richer day moisturizer such as Neroli Cream or Rose Cream, with a periodic application of a precious seed oil underneath, will keep your skin nourished, soft and supple. Do you rotate your moisturizer? Just as we need to rotate our food diet in order to be well nourished and to avoid developing sensitivities, it is wise to rotate our moisturizer to keep your skin responsive. Otherwise, our skin becomes used to the same active ingredients and may become less vital and active. Routinely exfoliate with a natural facial peeling to assist your skin in eliminating and sloughing off dead cell congestion. Use regularly facial masques – both cleansing Black Mud Pure and one of the creamy conditioning facial masques or Seed Oil capsules, will promote your skin's health – as well as give you the pleasure of a min-spa treatment!

For body care, start dry skin brushing, if you don't already perform this regular lymphatic system stimulus that promotes whole body health. Regularly applying a body moisturizer while your skin is still damp from a shower or bath. Massaging these

vitamin and essential fatty acid-rich preparations into your skin deeply moisturizes and strengthens it.

## Suki Skincare



## Delicate Hydrating Oil

Popular with both men and women, the 100% pure organic formula can be used as a massage oil or poured into a relaxing bath. Soothing chamomile, anti-inflammatory arnica and antioxidant-rich rose oils are blended into nurturing apricot kernel oil to moisturize while leaving a subtly soft scent. Has a woody scent. 100% vegan.

evanhealy



## Whipped Shea Butter with Olive Leaf

- Fresh plant infusions of olive leaf and rose petal in olive oil, Madagascar vanilla in coconut oil, and Calendula blossoms in sunflower oil, make our Whipped Shea Butter an excellent source of essential fatty acids, vital phyto-nutrients and antioxidants
- After a few days skin looks noticeably younger, more vital, supple, hydrated and healthier, conditions hair too
- We make our Whipped Shea Butter completely by hand, it takes four to six hours of continual whipping to reach its rich, creamy softness

---

## Scotch Naturals



## Scotch Naturals™ WaterColors

[www.scotchnaturals.com](http://www.scotchnaturals.com)

Scotch Naturals, founded in 2009 by Phoenix, AZ mom Ginny Cardenas is the first line of water-based, non-toxic polish to come in UBER fashion-forward and trendy colors. Designed to nourish and strengthen nails with repeated use, Scotch Naturals is non-yellowing, and requires no base or top coat. Making the change to non-toxic nail polish is one you won't regret. Scotch Naturals is a safe and eco-friendly alternative to conventional polish. The revolutionary water-based formula delivers long lasting, salon-quality results in a stunning array of sophisticated shades.

Vegan  
Cruelty-free  
Gluten Free  
Fragrance Free  
Toxin Free  
Paraben Free  
Hypoallergenic  
Biodegradable

---

# evenhealy

evanhealy.  
the skin breathes™

[www.evanhealy.com](http://www.evanhealy.com)



Evan Healy is a holistic aesthetician, a recognized pioneer and skincare educator who has worked in the natural personal care industry for over 25 years.

**Which treatment line is right  
for you:  
Rose, Blue or Blemish?**



evanhealy consists of a range of face and body care preparations that are designed to work together to encourage balance. We do this, not by treating the imbalance, but by utilizing active, holistic and simple plant-based formulations that encourage the skin to regulate itself – to breathe. Products are grouped together by their primary essential oil synergy.



✗ **Rose Treatment** line helps re-establish a healthy hydro/lipid balance to combination skin. It is also appropriate for mature skin with fine lines and wrinkles. Our Rose Line features gentle and balancing essential oils of rose geranium and carrot seed.

Product selections

[Rose Cleansing Milk](#), [Rose Geranium Facial Tonic Hydrosol](#), [Rosehip Treatment Facial Oil – Rose](#), [Rose Vetiver Day Moisturizer](#) and [French Rose Clay Mask](#), or [Rose Face Care Kit](#).

✖ **Blue Treatment** line helps reduce inflammation and restore normal function to sensitive skin conditions, especially the sensitivity that accompanies rosacea, psoriasis and eczema. Featuring tranquil and calming essential oils of blue chamomile, lavender and immortelle.

Product selections

[Blue Lavender Cleansing Milk](#), [Lavender Facial Tonic Hydrosol](#), [Rosehip Treatment Facial Oil – Blue](#), [Blue Chamomile Day Moisturizer](#) and [Green Tea Clay](#), or [Blue Face Care Kit](#).

✖ **Blemish Treatment** line was created to deep cleanse, detoxify and refine pores. It helps restore normal function to blemished, oily and/or teen skin.

Product selections

[Tea Tree Gel Cleanser](#), [Orange Blossom Facial Tonic Hydrosol](#), [Pomegranate Repair Serum](#), [Blemish Treatment Roll-on](#), and [Green Tea Clay](#), or [Blemish Face Care Kit](#).

*These are general guidelines only: trust your own sense of smell and intuition when deciding which product is appropriate for your skin's current condition.*

## SKIN CONDITION

[Blemish / Acne / Oily](#)

[Combination Oily / Dry](#)

[Dry, Mature, Dehydrated](#)

[Sensitive: Rosacea, Eczema, Psoriasis, Allergic](#)

[Which Treatment Line is Right for you?](#)

**evanhealy – Organic Skincare**